



The Senior Edition

The Shrewsbury Council On Aging Newsletter

published Monthly for all

Shrewsbury Residents age 60 and over

August 2004

Volume 4, Issue 8



August 2004 Special Dates:

Spinal Awareness Month:

- August 19th:** Stroke/2nd Chance
Talk, 10am
- August 20th:** Rep. Polito's Office
Hrs: 9-10:30am
Brown Bag and Movie
11:30am
- August 25th:** Candidates Night
7pm
- August 26th:** Red Cross Blood
Drive, 2-8pm
- August 27th:** Newsletter Mailing
9am

See inside and calendar for details

***The Town of Shrewsbury's
Council On Aging mission is to develop
and support community activities which
enhance the well-being of residents of
the town who are age 60 or older .***

COA Website Highlighted for August!

The town website has a few new features...each month, a different department will be "highlighted" when you go to the main page, inviting you to visit that department's site. Our Photo Gallery is growing and we look forward to more visitors in August!

Also, we have a new polling feature on the site. For July, we asked what movie people would like to see shown this month. This month, we ask who should be our next lunch guest at the café. We want your feedback!

The Newsletter is also available in color on-line. You can sign up anytime by visiting the town's webpage at www.shrewsbury-ma.gov. We have bookmarks available to walk you through the steps. Call or stop by to get one!



**Friends of the Shrewsbury
Senior Center, Inc.**

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Shrewsbury Senior Center
98 Maple Avenue
Shrewsbury, MA 01545
(508) 841-8640

August 2004



COA Staff and General Information:

Office Hours: Monday through Friday:
8:00am-4:30pm

Office Phone: 508-841-8640

Office Fax: 508-841-8641

Staff: COA Board Members:

Paul Keegan, Chairman, Helene Tanenholtz, Vice
Chairman,

John Concordia, Secretary, Al Crommett, Lillian Goodman
Helen McLaughlin and Tim Swiss

COA Director: Sharon M. Yager

Assistant to COA Director: Vicky Pellegrino

Transportation Coordinator: Cynthia Willis

Outreach Coordinator: Walter Rice

Volunteer Coordinator: Elaine Baskin

Van Drivers: Ralph Anderson, Bob Dumas,
Mike Jardarian, Mike Mazzola, Dick Londergan, Ed Rezuze,
Keith Harlow and Holly Henry

Dining Manager: Cheryl Lucier 508-841-8757

Meals on Wheels Drivers:

Alan Buckley, George Bergquist, Michelle Mancini,
Shirley Latino, TC Lee, Marcel Racine

SHINE Counselors: Mary Hardell, Al Crommett

Friendly Visitor Coordinator: Lorraine Covino

Newsletter Committee: Fran Rinkus, **Chairman,**

Ailsa Macdonald, **Editor,** Bob Oetting, **Advertising**

Coordinator, Ron Davis, Norma Giumentaro,

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CARES Coordinator: Dave Grillo

CMAA Liaison: Vicki Zwerdling

Volunteer Office Staff: Dorothy Dobson, Elaine

Kelley, Nancy Kowalczyk, Loretta Henry, Carmella Iacono,

Rochelle Lockwood, Lucille McHugh, Barbara Morrissey,

Katharine Nelson, Susan Pappas, Rena Qualey,

Phyllis Robbio and Betty Viscera

Veteran's Officer: Richard Perron, 508-841-8386

Office Hrs: Mondays: 8:30am to noon

Thursdays: 8:30am to 3:45pm



HAPPY AUGUST BIRTHDAY TO:

8/2, Ralph Anderson, 8/15, Midge Whittle,

8/21, Elaine Baskin, 8/22, Dolores Lake

8/26: Cynthia Willis, 8/30: Vicky Pellegrino

Other Volunteer News:

Welcome To: Rena Qualey, Receptionist

The COA would like to recognize the State Office of Elder Affairs
for allocating a portion of the 2004 Formula Grant to go toward
supporting our Newsletter

Letter from the COA Director:

Hope everyone is having a wonderful summer!

I am proud to announce we have hired our two new grant-funded employees. New Outreach Coordinator **Walter Rice** has been a volunteer since the building opened and is a licensed social worker. He formerly worked as an Outreach Coordinator at the Clinton Council on Aging. Many of you may recognize Walter from his days as a former priest at St. Ann's. New Volunteer Coordinator **Elaine Baskin** was the former Volunteer Coordinator for First Night at Worcester for six years. She has worked at the Mass Association of the Blind and the Worcester Senior Center. She is also an active Justice of the Peace. Their photos are below. Welcome to both of them!

At press time, the Health Fair Committee was hard at work planning another exciting Health Fair, this year to be held on October 1st. You can look forward to another event with educational exhibits, screenings, give-a-ways and a healthy lunch. Look for all the details next month.

As mentioned on page one, we are having a lot of fun with our webpage. Whom would you like to see as a lunch guest next? The Town Manager? The Police Chief? Fire Chief? A member of the Board of Selectmen? Let us know by casting your vote on the website. If you don't have a computer, simply call the Senior Center and leave a message as to whom you'd like have come to the Café for lunch and conversation.

Lastly, a sad farewell to former COA Volunteer **Betty Manders**, who had been a volunteer long before we had a Senior Center. Although she moved from the Francis Gardens apartments some time ago, she will still certainly be missed by all who knew her and all the volunteer work she did.

Enjoy the remainder of your summer!

Sharon M. Yager



Walter Rice
(left)



Elaine Baskin
(right)

Photos by Jackie Pratt

August 19th, 10am-11am: Preventing Stroke and A Second Chance Stroke Program

This informative talk will be given courtesy of Fairlawn Rehabilitation Hospital and Outpatient Center, where their motto is "We help patients get back to work, to play, to life!" Learn the latest information on how strokes can be prevented. The Second Chance portion of the program is terrific for anyone who has had a stroke or has had a loved one suffer from a stroke. Learn how to prevent another (and possibly deadly) stroke from occurring. Please call to reserve your seat for what is sure to be an enlightening talk!

August 20th 11:30am Lunch/Movie

This month's feature was chosen by voters from our Senior Center website. It was a toss up between "Big Fish" and the movie that was ultimately chosen...both got the same percentage of votes! In this month's feature, "Message In A Bottle", a woman finds a bottle on the beach with a note inside, which compels her to find the person who wrote the message. It stars Kevin Costner and Paul Newman among others. This film also comes highly recommended by fellow seniors who have seen it. Join your friends for a free movie, refreshments and soft drinks, all sponsored by Westboro Savings Bank. Bring your own lunch, or buy a lunch for \$2 at the Meal Site. **Please** call the Senior Center by the morning of August 18th to reserve your seat and/or your lunch. An accurate count is needed so that we can ensure that there are adequate refreshments.

August 25th, 7pm: Candidates' Night

The various races are heating up for Election Day and locally, the Sheriff's race is being watched with great interest. The League of Women Voters and the COA are co-sponsoring an evening where each candidate will get the opportunity to answer your questions and tell you more about why each of them is qualified for the Sheriff position. A moderator will conduct the program, which will feature incumbent John "Mike" Flynn, current Senator Guy Glodis, William J. McCarthy and Frank A. Beshai. Please call the Senior Center by August 23rd if you'd like to be part of the live audience. You can also watch the program when it will be featured on television later.

Summer Months are Crucial for the Red Cross's Blood Supply! Next Blood Drive: August 26th, 2-8pm

The Red Cross desperately needs Blood during the summer months due to people vacationing and, unfortunately, more accidents. Therefore, the COA is co-sponsoring a Blood Drive once again with the Red Cross to help get the donations that are so urgently needed. If you are able to donate blood, the Red Cross would love to see you. Call the Red Cross donation bank office at 1-800-462-4101 with any donation questions.

Pedometer List Still Taking Names

Are you trying to walk the recommended **10,000 steps** per day? The Senior Center purchasing **Pedometers** in bulk to sell at \$8 each. Please call if interested.

New Transportation Packets Available!

Unsure how our van transportation works? Why not get a colorful, detailed brochure and be aware of this helpful service? Please call the office to have a "Way To Go" folder mailed to you or stop by to pick one up.

Changes In Veterans Services

There have been significant changes in Veterans services. Previously, only people who had served during war time were eligible for most benefits. This has changed and anyone who has been in military service may now be eligible. Call our Veteran's agent (his information is on page 2) to learn more.

Farmer's Market Coupon Time Again!

Enjoy fresh produce for those who qualify. The qualifications for this Federal and State program are residency in subsidized Housing, or being a food stamps, or fuel assistance recipient. Coupons will be available at the beginning of the month. The coupons are available to individuals in two \$5 coupons. Call the Senior Center to get more information. Ask for Outreach Coordinator Walter Rice.

Come Play Bocce!

The Bocce court is up and running. If you signed up to be part of a league, you should have received a call. If not, call the Senior Center to be placed on a team. Currently, teams play on Tuesday and Thursday mornings at 9am, weather permitting. You can also come on your own to play anytime. Check in the office and you'll be given the key to the shed where the equipment is kept.

Mark Your Calendars:

September 14th: Election Primary

5th Annual Health Fair: Friday, October 1st

Theme: Before and During The Health

Emergency: Raffles, Screenings, Free Bagged Lunches

COA/Commission on Disabilities Event:

Friday, Oct. 15th Featuring a panel & 3 topics

Panel on: Preparing for weather emergencies, evacuations, creating your own personal safety network. Panel to feature Police, Fire, Health and Emergency Management Departments

Details in upcoming issues!



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Grace Fulginiti
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Citizen's Club

CARES August Column: Insurance Scams*By Dave Grillo, CARES Coordinator*

The CARES Consumer Survey is now available for your review at the Senior Center. I apologize for the delay. Each Survey contains a profile of a person or business who has worked for a Shrewsbury senior or community member. An assessment of the quality of work done by the service provider is included in the survey.

If you need work done, this resource is available for your review. It is very informational, but not comprehensive or exhaustive. Currently, the file contains various surveys including a jack-of-all-trades, plumbers, repairman, a mason, a remodeler, a window specialist, and a chimney sweep.

Thus far, each customer who has completed a Survey has provided their phone number on the form and has agreed to accept calls regarding their experience. A disclaimer at the bottom of each form states that the service providers are not endorsed by the COA and "the quality and suitability of any work performed by the listed service provider" is not guaranteed.

Please also ask for the accompanying sheet entitled "Where To Turn Before Hiring Help" when you look at the file. This sheet contains additional resources that will assist you in your search for a job well done. Of special note, I have listed two resources for seniors who need inexpensive home repairs. Please come to your senior center and check out the Care's Consumer Survey file and the addendum, "Where To Turn Before Hiring Help."

I also ask for your participation. Please let me know of persons and businesses you can honestly and confidently recommend to your fellow seniors. Everyone's participation is encouraged and needed in order to make this a useful resource.

Bottom Line Personal newsletter (6/1/04) warns that "health insurance scams are on the rise." Some of the telltale signs are: low premiums compared to typical policies; "agreements to cover preexisting conditions or expensive conditions other insurers won't cover"; the seller tries to convince you that state regulation does not apply to his/her product; and, the name of the company sounds like that of a "well-known firm." Verify that a company is registered to do business in Massachusetts by calling the MA Division of Insurance (617-521-7777). Also, check with the MA Securities Division (800-269-5428) when hiring a financial planner, investment advisor or broker. *Consumer Reports* magazine (August 2004) exposes how too many insurance agents are selling financial products and services without the qualifications and licenses you should expect and are required.

Always talk with a family member or trusted friend or call the CARES Program at the Senior Center before sending money to, investing in, or donating to any unfamiliar organization, entity or person who solicits you.

KALTSAS KORNER**Medicaid Alert! Legislative Action on Expanded Estate Recovery and Federal Waiver**

Instead of reviewing the next component of a basic estate plan, I would like to take the liberty of disclosing important legislative developments that have recently taken place.

The MA Legislature has tried to rectify some of the Medicaid actions from the FY 2004 budget. However, on June 25th, Governor Romney vetoed items from the proposed FY 2005 budget that affect the elderly. The Governor's vetoes not only re-authorized the Division of Medical Assistance (DMA) to seek federal approval to tighten MassHealth eligibility requirements; but most importantly, the Governor vetoed the Legislature's repeal of expanded estate recovery.

Under estate recovery rules, a surviving joint owner must report to DMA an accounting of "property held in joint tenancy, tenancy by the entireties, life estates, living trusts, rights of survivorship, beneficiary designation or other arrangements". Once notified the DMA will issue a written notice. If the spouse responds within 60 days of receiving the claim, the claim may be deferred, but not eliminated. Thus putting the burden on family members. Further, spouses may be personally liable to DMA if they sell or transfer the asset.

The notices that DMA will record at the Registry of Deeds will have the effect of making it difficult or impossible for a spouse to sell the home or re-mortgage it without paying DMA the amount of the claim. Expanded estate recovery claims will cause the spouse to lose the equity in his or her home, making a move to an assisted living facility, or securing a loan to make needed home needs repairs, impossible. Life insurance will also be affected because prior to paying any claims, life insurance companies will have to notify DMA and await a determination as to whether the deceased was a MassHealth member against whom DMA will seek recovery. This will result in a delay, reduction or elimination of payments for funds that are normally used to pay funeral bills.

The Legislature now must consider whether to override the Governor's vetoes. I strongly urge you to contact your legislators immediately, or else the vetoes will become law. This issue is on a quick timetable so you will need to telephone your legislators. Refer to the following veto section numbers when you contact your legislator.

- *Section 160* eliminates repeal of MassHealth authority to seek a federal waiver.
- *Sections 167, 168, 244* eliminate repeal of MassHealth expanded estate recovery.

Attorney Nicholas G. Kaltsas practices law at Elder & Disability Law Advocates in Worcester, Massachusetts.

This article gives general information and not specific legal advice on individual matters.



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Shrewsbury Alumni Association News

The Shrewsbury Alumni Association has organized a fundraising trip to the **Radio City Christmas Spectacular Starring the Rockettes** - in Boston! Join them for this Fundraiser to support the Student Grants Program at Shrewsbury High School. The group will be going on Thursday, December 23 and the bus will leave from the Shrewsbury High School at 6p.m., with the show starting at 8p.m. Price: \$90, including ticket and bus transportation, checks only which will be payable to SHS Alumni Association. You can get the Rockettes Ticket Order form on-line by visiting Shrewsburyalumni.org. Fill it out and mail it with your payment. You can also go to the Shrewsbury Children's Center on 138 N. Quinsigamond Ave. or Donahue Industries on Route 9 across from the bowling alley. Please contact Mary Rose Casey at (508) 755-3922 or maryrosecasey@townisp.com with any questions. There is limited seating - so purchase your tickets early!

Attend "**A Trip Through Shrewsbury's Past**" for the Alumni Associate's Annual Meeting Wednesday, September 22nd at the Shrewsbury Public Library. Business Meeting begins at 6:30pm, followed by the Social Hour and Speaker at 7 pm. The Public is invited! The featured Speaker will be Michael Perna, a life-long Shrewsbury resident, graduated from SHS in 1968. He recently retired from the Mass Air National Guard after 36 years of service. He is presently Chief of the Military Records Division, Commonwealth of Mass. Mr. Perna's enthusiasm for local history is reflected in his three books: *Shrewsbury in Civil War*, *Remembering Lake Quinsigamond*, and *Shrewsbury*. For the past six years, he has written weekly historical articles about Shrewsbury for *The Chronicle*. He is the Past President of the Shrewsbury Historical Society, Assistant Curator, and has served on their Executive Board. Mr. Perna is a member of the Shrewsbury Historical District Commission. He is married to Sandy, two sons, Richard and Nick, and one Shih Tzu (more human baby than dog!), Suki.

Volunteers Needed !

Audience Members Needed: For soon-to-be taped program in Shrewsbury on the "Better Endings" initiative. This is a joint program between the Auburn, Holden, Shrewsbury and Worcester Senior Centers. About eight people are needed for each location. People may be asked to read questions to the speaker. Please call the Senior Center if you'd like to help.

Spirit of Shrewsbury: For information on how you can volunteer, contact either Maria Smith (508-845-9974) or Art Dobson (508- 842-2826 or adobson681@aol.com).

Botanical Garden Art Series

August 10th-September 12: "The Unseen Garden: Nature Beyond Light" with artists Jim Wehtje and Dave Powell. This is the third exhibit in their three part summer series. Come see Mr. Wehtje's unique radiographs (using X-rays), which show a different perspective of otherwise common flowers and shells. See details that would otherwise be unnoticed to the naked eye. Mr. Powell's works take on a new aura of mystique and timelessness using digital infrared images. The works are also for sale, which benefits Tower Hill. You can reach the Tower Hill Botanical Garden at 508-869-6111 for more information.

Want to Visit The Botanical Gardens as a group?

Interested in taking a trip to the Botanical Gardens but you don't want to drive? COA Board Member John Concordia visited and was extremely impressed with the facility. Now that we have the third van, **the COA can organize a bus trip** for those who are interested. Please call the Senior Center if you would like to go and we'll see if we can plan a trip before the exhibit ends!

2004 Summer Concert Events

Southgate at Shrewsbury

Don't miss Southgate's last summer concert!

August 3rd: Wolverine Jazz Band

The concert, which is open to the public, is free of charge. Concerts will be held outdoors weather permitting, at 7pm. Bring your lawn chairs or blankets. For more information, call Anne Richards at 508-842-8331.

The Willows at Westborough

Don't miss the last Summer Concerts at the Willows!

August 4th: Boston City Band

August 11th: Fantasy Big Band




The concerts, which are open to the public, are free of charge. Concerts will be held rain or shine, at 7:15pm. Bring your lawn chairs or blankets. The event will be relocated inside in the event of rain. For more information, call 508-366-4730.

Save the Dates:

Keep Moving Walk: 10:30-1pm, September 22nd at Wells State Park, located five miles from Old Sturbridge Village. Over ten miles of hiking trails and scenic vistas to choose from. Bring friends and have a great time! Contact Jan Marble at 617-624-5408 for more information.

Direct from Las Vegas: Celebrities on Stage: September 23rd through December 2004 at The Regent Theater in Arlington. Call 508-394-7333 for more info.



 <p>Christopher Heights of Worcester Assisted Living Community 20 Mary Scano Drive Worcester, MA 01605 508-792-1456 <i>A place to call home where friendly residents and staff create peace of mind for families.</i></p>	 <p><i>All Makes and Models Brakes/exhaust/tune-ups Wheel Alignment Towing and Road Service, Inspections 185 Memorial Dr. Shrewsbury 508-845-9850</i></p>	<p>Shrewsbury Friends Men's Group</p>  <p>Thursdays 9-11 AM President: John Kehoe</p>	<p>Susan B. Nissenbaum <i>Attorney at Law</i> Elder Law - Home Visits First Call No Cost Real Estate Wills Estate Planning One Grafton Common - Grafton Call Now 508-839-4144</p>
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Annual Senior Citizen's Picnic

August is a perfect time for a picnic! Sheriff Flynn will be sponsoring his Annual Senior Citizen's Picnic on Saturday, August 21st, from 11am to 4pm at SAC Park in Shrewsbury. Entertainment will be provided by Noel Clifford and Paul Lamoreux. There will be, as always, plenty of food, cash bingo games, line dancing and attendance prizes. Bus transportation will be provided from various housing projects. Admission is free. There is limited seating in the pavilion area, so bringing a lawn chair is recommended. Please call Bill or Mary Lou at 508-854-1812 for more information!

The Friends of the Shrewsbury Senior Center, Inc.

Submitted by Diane Lindberg

Several of the May Madness Winners had their names spelled incorrectly in last month's issue. The correct spelling of the names of those winners are listed as follows: Stan Holden, Edith Meunier, Joel Lofgren and Phyllis Haire. Once again, congratulations to all the May Madness winners!

The Friends of the Shrewsbury Senior Center thanks everyone for your continued support and appreciate the efforts in making the fundraiser a BIG success! See you next month!

Piecemakers Quilting Group

Continues to sell raffle tickets for the beautiful quilt they made. The Raffle will be held at the Health Fair on October 1st. All proceeds will be given to the Senior Center. The Quilting Group meets on Monday mornings. For information, call Marlene F. Holohan at 508-842-8368.

Senior Golf Opportunities

Heritage Country Club in Charlton, holds monthly golf tournaments through October. The cost is \$5 for each monthly play, plus greens fees, which are reasonable, as they include cart and lunch. Contact Dave Archambo at 508-842-2165 for questions and schedule dates.

The co-ed **Senior Casual Golf Group** meets Wednesdays at **Stonybrook Golf Club**. For more information, contact Mary Johnson at 508-842-8691.

Cyprian Keyes, in West Boylston, has senior rates for those 60 and older. Play Monday through Thursday, for \$29 at any time. You can add a cart for \$14. Call 508-869-9900.

Shrewsbury Senior Citizen's Club

Recently had their annual Dinner Dance at the Frohsinn Club on June 21st. A special recognition was given to Club Members who are over 90. These special folks are shown below, from left to right: Jennette Keeney, Laura Grenier, Eva Bishop, Ethel Turner, Mary Kimball and Serafino "Fifi" Paolini.

Photo by Frank Fulginiti



Health Department Reminder:

Leaves, Grass and Yard Waste can be dropped off at the Municipal Garage from 8:30 to 11:30 on Saturday, August 14 and 28. Also, please remember that effective back on July 1st, cardboard WILL NOT be collected with the regular rubbish. Cardboard must be cut or folded and made into bundles no larger than 2 feet long or wide. Then place them with your recyclables. Corrugated cardboard can still be brought to the Municipal Garage from 7am to 3:30pm from Monday through Friday. Please call the Health Department at 508-841-8512 with any questions.

Travel To learn more about an upcoming trip, call the contact people listed. **Also call for their list of other trips planned. Flyers available at the Senior Center:**

Anna & Bernie Keiser: 508-753-1387:

Mohegan Sun: August 18th

Lincoln Park Special: August 25th

Hampton Beach Seafood Special: September 11th

Captain Jacks and Foxwoods: September 15th

Frank Fulginiti : 508-845-6509:

Foxwoods: August 10th, Sept. 7th

8 Day MACKINAC Island - September 9th-16th

WWII, Vietnam, Korean and Lincoln Memorials:

October 12-15th

Louie Prima Show at Foxwoods: November 16th

The Rockettes at the Wang Center: December 14th

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**By Ellin Hassett,
Regional SHINE Director**

Prescription Drug Help is on the Way

Prescription Advantage has announced an open enrollment beginning September 1, 2004 through September 30, 2004 with the effective date of the plan being November 1, 2004. If you think you may need some or additional prescription drug coverage, now would be the time to look into this program. Check with your local senior center for the dates of upcoming informational sessions about Prescription Advantage or to get an application form.

Medicare has announced a new demonstration program as part of the Medicare Modernization Act. This initiative known as the Medicare Replacement Drug Demonstration will provide access to life-saving medicines for people fighting certain serious illnesses. Some examples of these illnesses are: rheumatoid arthritis, multiple sclerosis, pulmonary hypertension and certain types of cancer. Enrollment will be open to 50,000 people who are currently enrolled in Medicare Part A and B. Applications are currently available on the Medicare Website and will be accepted from July 6 through September 30, 2004. To enroll in this program, beneficiaries should complete an application form, get their physician to certify the need for this drug and submit forms to the Center for Medicare and Medicaid services.

If you have questions on either of these programs or any other health insurance questions, please contact the SHINE Program either through your local senior center or by calling 1(800) 243-4636 option #2.

In the meantime, the Application and Instruction Booklets for the Prescription Advantage Program are now available for the September enrollment period. Come by to get your copy or call to have it mailed to you.

Publication Reminders:

The Attorney General's Office has published an 8 pg. booklet entitled "**Consumer Advisory: Medicare Reform**". Brochures are available at the Senior Center.

Also Available:

File of Life Cards and Packets

Caregiver Guides: thorough, 136 pg. book

Caregiver Organizer: Handy, checkbook style resource
Come by and pick yours up or call to have it mailed to you!

New Lifestyles Senior Housing Guides: 43 pg. booklet on the various residents in Central and Western MA.

Come by or call for your copies!

Alzheimer News:

The Family and Caregiver Alzheimer Support Group provides support, education and a chance to share feelings, ideas, and concerns about this disease. The group meets the 1st Tuesday of every month from 7-8:30pm at Whitney Place in Westboro, 1 Lyman Street. Light refreshments are served. Call Aimee Rizzo at 508-836-4354, ext. 3706 for more information. This month's meeting is August 3rd and next month's is September 7th.

The Alzheimer's Association has two new programs, "Getting Started, What To Do When Family Member Has Memory Loss" and "Legal and Financial: Issues and Answers". To learn more, visit their website at www.alzmass.org or call Rachel Hawk, Director of Education, at 1-617-868-6718, ext. 201.

SERVE: Good Food Means Good Health!

Steak Season continues! Now through September, SERVE's famous steak package is available for \$17. You'll get six delicious hotel/restaurant quality 8 oz. Sirloin strip steaks. Other packages available include Choice Marinated Sirloin Steak Tips right from Sutton, MA, 85% lean Hamburg patties and Danish Baby Back Ribs. You can now sign up on-line at www.servenewengland.org or in person at the Shrewsbury SERVE host site, Mount Olivet Lutheran Church office. The Church's sign-up hours are Monday through Thursday from 9am-1pm. Call (508) 842-2731 before you go to make sure a church staff person is available to sign you up. Deadline is August 12th for distribution on August 28th.

Senior Health Resource Line Update

The Senior Health Resource Line has a new list of FREE information. Get information on: Drivers 55+: Check Your Own Performance, Depression: Don't Let The Blues Hang Around, Cancer Facts for People Over 50, Diabetes: Easy Eating For Busy People, Preventing Road Rage: How to Avoid Anger While Driving, Wake Up!, Getting Your Affairs in Order and more! Call 1-800-939-5433 and the information will be mailed to you free of charge.

Fallon Representative

Will be back at the Senior Center this month. Regional representative Janice Sochalski will be at several area locations during August. You can see her at The Other Place Pub on August 11th, 2pm, Christina's Café in Westboro on August 19th and Bickford's on Lincoln Street on August 3rd and 27th. If you have a Fallon Senior Plan question, call 1-800-868-5200 for more information. She'll be back at the Shrewsbury Senior Center next month.



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Britton Funeral Homes, Inc

Britton Funeral Home
648 Main St. Shrewsbury
(508) 845-6226

Britton Wallace Funeral Home
91 Central St. Auburn
(508) 832-4420



August 2004 Calendar

Please Note: No Senior PARKS/REC activities will take place during the summer months. To find about other adult programs being offered, please call the Parks Dept. at 508-841-8503.

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge	3 Trip: Greendale Mall 10-12 Independent Artists 1pm: Reiki 2pm: Chi Gong	4 10:00 Yoga 12:30 Bridge 1-3:00 Whist 1-2:00, 2:15-3:15 Pilates	5 9am: Bocce, Horseshoes 1:00 Pitch	6 9:30 Writer's Workshop 10:00 Cribbage 1:00-3:00 Busy Hands
Chicken Chow Mein	Meatloaf with Gravy	Roast Turkey with Gravy	Hot Dog on a Roll	Chicken in Onion Sauce
9 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge	10 Trip: Solomon Pond Mall 10am Spinal Screening 10-12 Independent Artists 1pm: Reiki 1pm Hearing Screening 2pm: Chi Gong Veal Parmesan	11 10:00 Yoga 12:30 Bridge 1-3:00 Whist 1-2:00 Pilates 2:15-3:15 Modified Pilates	12 9am: Bocce, Horseshoes 1:00 Pitch	13 9:30 Writer's Wkshp 10:00 Cribbage 1:00-3:00 Busy Hands
Stuffed Fish Fillet		Chicken L'Orange	Seafood Salad	Vegetable Cheese Bake
16 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge	17 Trip: Auburn Mall 10am Independent Artists 1pm: Reiki 2pm: Chi Gong	18 10:00 Yoga 11am B. Pressure Screening 12:30 Bridge/1-3:00 Whist 1-2:00, 2:15-3:15 Pilates	19 9am: Bocce, Horseshoes 10—noon: Free Legal Clinic with Nick Katsas 10am Preventing Stroke: A 2nd Chance Program 1:00 Pitch	20 9:00 Rep. Politio Office Hrs 9:30 Writer's Workshop 10:00 Cribbage 11:30am: Lunch and Movie 1:00-3:00 Busy Hands Pasta with Meatsauce
Turkey A La King	Sweet Sausage	Hearty Beef Stew	Chicken Fiesta	
23 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge	24 Trip: Millbury Plaza 10am Independent Artists 1pm: Reiki 2pm: Chi Gong	25 10:00 Yoga 12:30 Bridge 1-3:00 Whist 1-2:00, 2:15-3:15 Pilates 7pm: Candidate's Night Chicken Marsala	26 9am: Bocce, Horseshoes 1:00 Pitch 2-8pm Red Cross Blood Drive	27 9am Newsletter Mailing 9:30: Writers Workshop 10:00 Cribbage 1-3: Busy Hands Breaded Baked Fish
Swedish Meatballs	Roast Turkey with Cranberry		Macaroni and Cheese	
30 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge	31 Trip: Target (Lincoln St.) 10am Independent Artists 1pm: Reiki 2pm: Chi Gong	PLEASE NOTE: All special monthly activities, meetings and screenings <i>appear in italics</i> on the Calendar. Call the Senior Center at 841-8640 to sign up for screenings, clinics and special events. <i>The entrée at the Village Café is listed each day. Please call the Café Office at 508-841-8757 the business morning before to reserve your seat.</i>		
Chicken Salad	Chicken Supreme	Elder & Disability Law Advocates Guardianships Estate & Medicaid Planning Medicaid Benefit Applications Worcester (508) 755-6525		